

15 Mantras for Confidence

1



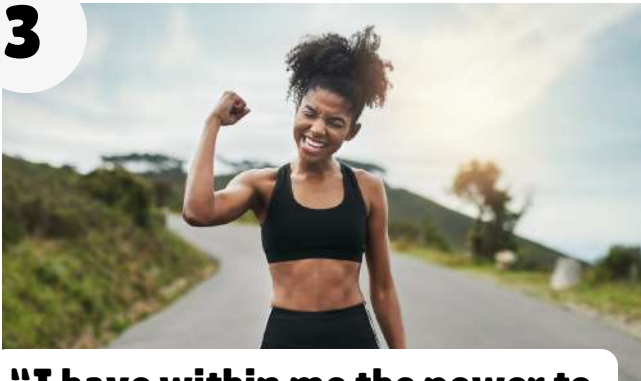
"I'm comfortable being myself around other people."

2



"My choices in life are within my control."

3



"I have within me the power to handle any situation"

4



"I am worthy of having whatever I want in life."

5



"I am not afraid to take risks, because I believe in my ability to adapt."

15 Mantras for Confidence

6



"Being myself is a privilege."

7



"I'm not for everyone. Not everyone has to like me."

8



"The process of life has twists and turns. I trust each step. "

9



"Leaving my comfort zone is hard, but I know growth is on the other side."

10



"My mood isn't dependent on the opinions of others."

15 Mantras for Confidence

11



"When I receive compliments, I accept them with gratitude."

12



"My intuition is strong. When I have an instinct about something, I listen to it."

13



"What sometimes seems hard can, in fact, come easily to me."

14



"When I'm true to myself, I'm also the most confident version of myself."

15



"I compare myself with the past version of me - not with other people."